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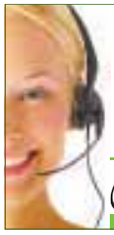

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TRIVAGO GUY GOES FROM PITCH MAN TO INTERNET MEME TO MAKEOVER CANDIDATE PAGE 12

A MOTHER'S PAINFUL PROCESSION

Tina Fontaine, centre, attends a vigil for her daughter and namesake Tina Fontaine, inset, and Faron Hall at The Forks' Oodena Circle on Tuesday evening. Thousands of Winnipeggers gathered at the Alexander Docks and walked to the Oodena Circle in tribute to the lives of 15-year-old Fontaine and Hall, dubbed the 'homeless hero' for saving two people from drowning in 2009. Their bodies were found in the Red River on Sunday. Stories, page 3. TREVOR HAGAN/THE CANADIAN PRESS

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Faron Hall

'Homeless Hero' dies in river where he saved others

A transient, frequently jailed alcoholic, who became known as the "Homeless Hero" after saving two people from drowning, battled his demons right up until his death in the same river where he made his rescues.

Faron Hall of Winnipeg gained fame and civic honours in 2009 for putting his own life on the line when he dove into the Red River on two separate occasions to pull people out.

His body was recovered from the water by police on Sunday.

"I spoke with him about six weeks ago, and he was asking me to help him get into … a treatment centre near Kenora, Ont.," Marion Willis said Tuesday.

Willis opened her home to Hall, who was 49, after his first rescue in 2009. In the ensuing years, he would bounce between her home, a girlfriend's apartment and the streets.

"He said, 'I keep telling you this, and it's true. One of these days I'm going to wake up and that's going to be the day I'm going to hang up the bottle,'" she recalled.

Details of how Hall died are sparse. Police have only said that the death was not suspicious and have left it to relatives to confirm his identity.

His uncle, Patrick Hall, said his nephew had a hard time adjusting to the spotlight. "He never wanted to be known as a hero," Patrick Hall added. "He said, 'I'm pretty sure anybody would do that if they saw somebody in distress.'"

THE CANADIAN PRESS

A man looks at a makeshift memorial in honour of Tina Fontaine and Faron Hall at the Red River's Alexander Docks on Tuesday. The body of Fontaine was found near the dock on Sunday, while Hall was located later that same day where the river meets Kildonan Park. TREVOR HAGAN/THE CANADIAN PRESS

Girl's death renews calls for inquiry

Tina Fontaine. Ottawa again rejects notion of studying issue of missing, murdered aboriginal women

The death of a 15-year-old aboriginal girl found wrapped in a bag and dumped in the Red River is prompting renewed calls for a national inquiry into missing and murdered aboriginal women.

Tina Fontaine had been in Winnipeg less than a month when she ran away from foster care. Her petite body was discovered Sunday in the river, and police are treating her death as a homicide.

Manitoba Aboriginal Affairs Minister Eric Robinson said his first thought when he heard about Tina's death was "not another one." For two decades, Robinson said, he's been working with aboriginal families who have lost daughters, sisters, aunts and mothers.

"It just gets tiring after a while to see the suffering, the human suffering, and no answers coming to the families about what happened to their loved ones," Robinson said Tuesday. "It's just saddening to see the families continue to suffer."

A national inquiry into missing and murdered aboriginal women is the only way many families will get the answers they deserve, Robinson suggested. So far, Prime Minister Stephen Harper's Conservative government has rebuffed all calls for such a probe.

Federal Justice Minister Peter MacKay said in a statement, "Our thoughts and prayers are with the family of Ms. Fontaine at this very difficult time."

But MacKay again rejected an inquiry.

"Now is the time to take action, not to continue to study the issue," he said.

The government is addressing the issue of missing and murdered aboriginal women in other ways, such as through aboriginal justice programs and a national DNA missing persons index, MacKay added.

THE CANADIAN PRESS

By the numbers

In May, the RCMP issued a detailed statistical breakdown of 1,181 cases since 1980. The report said aboriginal women make up 4.3 per cent of the Canadian population but account for 16 per cent of female homicides and 11.3 per cent of missing women.

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Audits. Havixbeck calls for freeze on city land deals

Mayoral candidate Paula Havixbeck wants the City of Winnipeg to halt all real-estate sales until the RCMP completes its review of three damning audits into city land deals.

Havixbeck made the announcement Tuesday after she said she got an email from city officials earlier in the day asking her to endorse a $5.2-million deal to sell the Kenaston Snow Dump site to Caspian Construction, the company converting the Canada Post building downtown into the new police headquarters.

Paula Havixbeck METRO

Caspian was mentioned in the audit into the project's cost overruns, and Havixbeck, who is the councillor for where the site sits in Charleswood-Tuxedo, wants to wait until the review is done before making more deals with the company.

"I cannot, as a councillor, in good faith, approve of this … given that this review is underway," she said.

The land went up for sale in April, and seven bids were received before the offer period closed Aug. 8. The city's real-estate department recommends the highest bidder — Caspian Construction — be awarded the contract.

Havixbeck was asked to endorse the deal so staff can get a report done in time for council's property and development committee meeting in September. She said city staff didn't provide information on the other bids or the process and she won't "blindly" sign off on the deal.

"This sale is more of the business-as-usual attitude at city hall," she said.

SHANE GIBSON/METRO

Street medians

Leave garage-sale signs alone: Steeves

A mayoral candidate is taking City of Winnipeg officials to task for their removal of homemade garage-sale signs for street medians.

Gord Steeves, ex-councillor of St. Vital, said in a press release that he has a "hard time believing there was not something else the city's employees could have been doing other than removing garage-sale signs from medians."

"In a city with potholes large enough to be sinkholes, where people have and continue to live with brown water, where pipes frozen for five or six months left citizens without water at all, this is the critical priority where city staff needed to be deployed," he asked, adding that crews should focus on "rebuilding Winnipeg."

A city official told local radio station CJOB that signs were removed because they've been illegal under city bylaws since 2008. METRO

A different B.Y.O.B. — bottle your own booze

Bulk wine.
Bottle & Cork opens second location in North Winnipeg

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg wine lovers can now fill up their own bottles — and save about half the cost of a regularly priced bottle of vino — at a second Bottle & Cork location opened in North Winnipeg on Tuesday.

Ron Lemieux, the minister responsible for the Manitoba Liquor and Lotteries Act, was among the first in line to try out the new bulk wine facility, which opened as part of renovations at the Northdale Liquor Mart at 965 Henderson Hwy.

"The quality of the wine really surprised me.… Not that I'm a wine snob, but I have my tastes … and this is just absolutely excellent wine," he said after filling up a dozen green bottles and using a special corking machine to seal them up. "I like the convenience of it — it was easy to do — and for Manitobans, the price is right."

The Bottle & Cork offers a selection of wines from around the world starting at $6.29 per 750-ml bottle, which ends up costing around $8 a pop with taxes and the cost of the bottle.

The bottles — which sell for $11.99 per dozen — can be reused after being cleaned. Those with old bottles around the house can fill those up too, as long as they're sanitized.

The only catch is customers have to buy the wine in batches of 12.

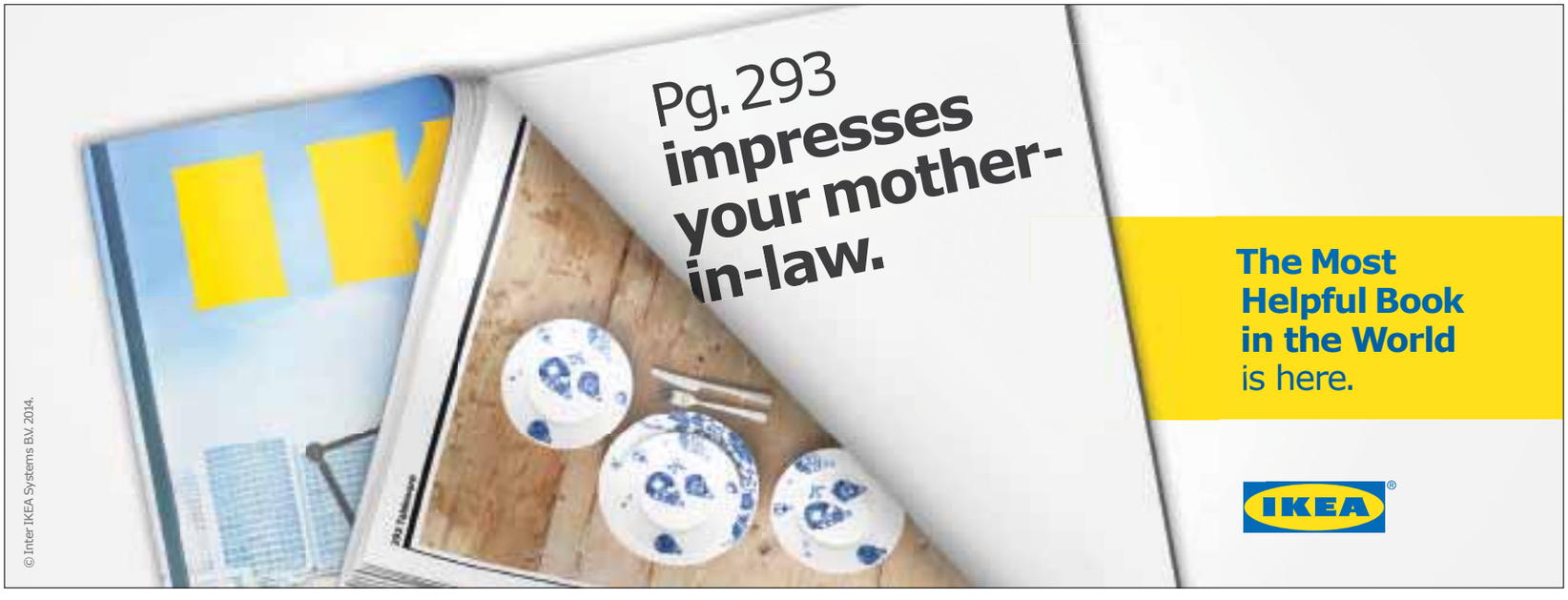
Tracy Jones, who works at the city's other Bottle & Cork location at the Kenaston Crossing Liquor Store, said the wine is similar to what's available on the rack but can be sold cheaper because it's bought in bulk and avoids the cost of bottling.

"Our customers do the work," she explained. "So it kind of skips the middleman."

Ron Lemieux, the minister responsible for the Manitoba Liquor and Lotteries Act, learns how to bottle his own wine at the city's second Bottle & Cork location, which opened at the Northdale Liquor Mart on Tuesday. SHANE GIBSON/METRO

Beer, too

Minister Ron Lemieux said the province is expected to announce a similar fill-your-own-bottle concept for beer this fall.



Border guards who left posts to help RCMP get suspended

'Unauthorized purpose.' Incident took place near border crossing in Emerson

The union representing Canada's border guards says three of its Manitoba members have been suspended without pay after leaving their posts at the request of the RCMP to help arrest a suspect.

Jean-Pierre Fortin, president of the Customs and Immigration Union, says the guards were asked a few months ago to provide backup for the RCMP less than a kilometre away from the Canada-U.S. border in Emerson.

The guards left their posts to help the Mounties, who were staking out a hotel and bar where they had tracked a suspect believed to be involved in the kidnapping of a child.

Two guards kept watch over several exits while a third guard went into the bar, said Fortin, who added the border remained staffed by three other guards on the night shift.

The three who went to help the Mounties returned to their posts less than an hour later following the suspect's arrest, he said.

The Canada Border Services Agency investigated and announced last week that it was suspending the guards for up to 25 days without pay because they left their posts for an "unauthorized purpose," Fortin said.

The guards had no choice but to help the RCMP, he said, because the Criminal Code compels them to co-operate fully with law-enforcement officers.

"They did the right thing," Fortin said. "They haven't done anything wrong."

THE CANADIAN PRESS

Now that's a Wicked setup

A crew of 100 local stagehands helped the travelling crew start setting up the stage for Wicked — a process that takes two days — at Centennial Concert Hall Tuesday morning. The Broadway blockbuster opens Wednesday evening and runs until Aug. 30. SHANE GIBSON/METRO

Stony Mountain

Inmate charged in killing of convicted child murderer

An inmate at Stony Mountain Institution has been charged with first-degree murder in connection to the killing of a convicted child killer and rapist over the weekend.

Duane Edward Taylor, 53, was found unresponsive in his cell Saturday and could not be resuscitated by prison staff, according to a press release from Correctional Service Canada.

Cordell Charles, 25, was charged with first-degree murder Sunday and was scheduled to make his first appearance in court on Tuesday.

Taylor was convicted of first-degree murder in September 1982 in connection to the 1981 rape and murder of a two-year-old girl in Kingston, Ont. METRO

From stable to negative

Province's credit outlook downgraded

A credit-rating agency has downgraded its outlook for the Manitoba government due to the province's ongoing deficits.

Moody's Investor Services has changed its outlook for the provincial government from stable to negative.

The agency says the province will be challenged to meet its target of balancing the budget by the 2016-17 fiscal year.

It also says the province's debt-to-revenue ratio is growing to an expected 150 per cent in 2016.

The agency has maintained the province's credit rating at Aa1 but cautions there will be downward pressure on the figure if the debt continues to climb.

THE CANADIAN PRESS

Manitoba Hydro – your energy expert

Six ways to take control of your heating bill...

Heating costs consume a large portion of a household's energy budget. That's why it's important to check your home to ensure that your heating dollars aren't being wasted. Here's some advice from Manitoba Hydro.

1. It's a good idea to get a qualified technician to do a routine maintenance and inspection of your heating system each autumn to make sure it is in good working order.
2. Check your furnace's air filter monthly and replace when necessary. Your heating system will work less, use less energy and last longer as a result.
3. If your heating system is getting old, you might consider looking at energy efficient options to replace it. On average, a pre-1990 standard efficiency natural gas furnace uses 35 per cent more energy than a new natural gas furnace. By replacing an old heating system before it fails—with a new natural gas furnace—you can avoid the costs and hassle associated with an emergency replacement and cut your natural gas use significantly.
4. Use your programmable thermostat or if you have an older home, consider installing one. A programmable thermostat can automatically turn down the heat when you're away or when you're sleeping, and then boosts the temperature to your comfort level when you need it. It takes less energy to warm a cool home than to maintain a warm temperature all day long.
5. Keep the area around the furnace clear and unobstructed.
6. Make sure all heating vents are open and unblocked by furniture or other items. This will ensure that the air is evenly distributed throughout your home for better comfort.

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Paleontologists look into another likely dino nest in Alberta

'Motherlode.' The Warner, Alta., area has offered many eggs and nests since it was discovered in 1987

A deep ravine in southern Alberta known as Devil's Coulee may be about to yield more of its secrets to paleontologists from the Royal Tyrrell Museum.

The area, surrounded by rolling golden grain fields about 10 kilometres west of Warner, has offered up a "motherlode" of dinosaur eggs and nests since it was first discovered by a local teenager in 1987.

It's been six years since the last nest was discovered, but that could change soon.

Dr. Francois Therrien, curator of dinosaur paleoecology. JEFF MCINTOSH/THE CANADIAN PRESS

Francois Therrien, curator of dinosaur paleoecology at the Royal Tyrrell, believes he has discovered the egg of a duck-billed dinosaur called a hypacrosaurus eroding out of a hill.

"I'll stay positive. I will say probably 90 per cent — chances are we are dealing with a nest," said Therrien. "There's so much eggshell found here and it's all one type of eggshell. I'm pretty confident."

The Devil's Coulee area was once part of an inland sea. It was the first dinosaur nesting ground discovered in Canada and the largest. Layers upon layers of nests have been found by researchers going through the area.

It has been the source of four hypacrosaurus nests that have yielded several eggs containing embryonic material. It has changed many of the existing theories about duck-billed dinosaurs.

One of the eggs had a fully developed embryo about 40 centimetres long. It is on display at the Devil's Coulee Dinosaur & Heritage Museum. THE CANADIAN PRESS

More lenient marijuana laws still on the table

Justice Minister Peter MacKay, speaking in Vancouver on Tuesday, said the federal government is still assessing whether to allow police to ticket people caught with small amounts of marijuana instead of pursuing charges. But if the government were to introduce looser pot laws, it would have to happen within the next six months, MacKay said. DARRYL DYCK/THE CANADIAN PRESS

Mistaken for intruder

Florida woman shoots 7-year-old grandson

Sheriff's deputies in Florida say a seven-year-old boy is in critical condition after his grandmother mistook him for an intruder and shot him. The shooting happened around 1 a.m. Tuesday in Tampa.

According to Hillsborough County Sheriff's officials, 63-year-old Linda Maddox and her twin grandsons were sleeping after their father had left for work. Maddox told deputies she had placed a chair against the bedroom door handle for extra protection.

When she heard the chair sliding against the floor, she assumed it was an intruder and grabbed a loaded .22-calibre revolver she keeps by the bed and fired one shot in the dark toward the door. Deputies say seconds later she heard the screams of her grandson Tyler Maddox. He was shot once in the upper body. He was taken to a hospital. THE ASSOCIATED PRESS

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World's focus remains on Ferguson

Missouri National Guard troops are deployed to protect a police command centre on Tuesday in Ferguson, Mo.

JOE RAEDLE/GETTY IMAGES

Statement from the city

'We plan to learn from this tragedy'

Ferguson's leaders urged residents Tuesday to stay home after dark and pledged to reconnect with the predominantly black community. According to a statement, officials are exploring how to increase the number of African-American applicants to the law-enforcement academy.

"We plan to learn from this tragedy," the leaders said in the statement.

THE ASSOCIATED PRESS

Protests continue

Two shot, 31 held in Ferguson; cops kill suspect in St. Louis

The National Guard on Monday stood by during another night of unrest in Ferguson.

Capt. Ron Johnson of the Missouri Highway Patrol said at least two people were shot and 31 were arrested.

A crowd also gathered Tuesday afternoon in nearby St. Louis after officers responding to a report of a store robbery shot and killed a knife-wielding man. THE ASSOCIATED PRESS

Scan this photo with your Metro News app to see a gallery of photos from the protests in Ferguson. GETTY IMAGES

Journalists in the middle

- A photographer for Getty Images was arrested while covering the demonstrations and later released.
- Two German reporters were arrested and detained for three hours.
- Capt. Ron Johnson of the Missouri Highway Patrol said it was a matter of safety. He said in some cases it was not clear who was a reporter but once it was established, police acted properly.

NFLers show support

11

In a show of solidarity with protesters in Ferguson, 11 players from the Washington Redskins emerged from the stadium Monday night with hands raised and palms forward.

Washington Redskins' Brandon Meriweather THE ASSOCIATED PRESS

Hundreds rally in Halifax in show of support for Ferguson

Dressed in her white and black collar with a silver cross dangling from her neck, Rev. Dr. Rhonda Britton marched with her hands raised above her head as her voice resounded with a cry for justice.

"Who am I?" she chanted.

"Mike Brown," the crowd of nearly 500 people shouted back.

The pastor of Cornwallis Street Baptist Church in Halifax, along with other elders and youth from the city's black community, led a march through downtown Halifax on Tuesday evening to show solidarity with the town of Ferguson, Mo., following the shooting of 18-year-old Michael Brown.

Brown was unarmed when he was shot by a Missouri police officer after allegedly stealing cigars from a grocery store with a friend.

Rally organizer El Jones said she sees a strong connection between the teenager's death and the long history of racism and injustice that has plagued Nova Scotia's black community.

"Violence doesn't have to be in the form of a gun to be violent," she said. "Racism happens in covert ways as well as overt ways."

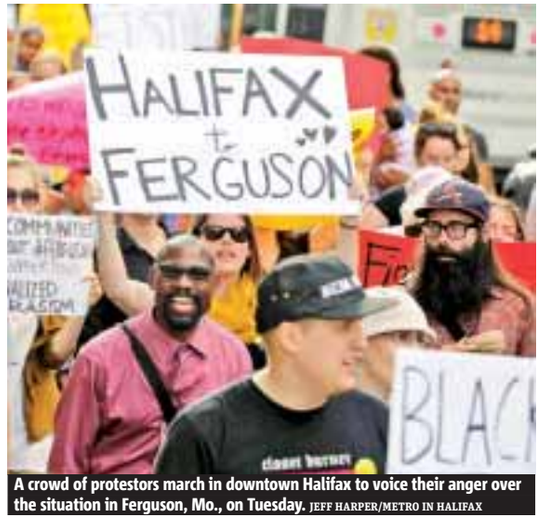
From the destruction of Africville to today's high rates of poverty and crime, Jones believes it's time for black people to come together and raise their voice for change.

Members of the crowd — which included black, white and other races — held signs that read, "Hands up, don't shoot," and "It could have been me."

They eventually gathered in front of the United States Consulate to hear different speakers share their experiences of racism. Britton left the crowd with a message of hope.

"We are one world, one people, one human race and every single one of us has value," she said.

STEPHANIE TAYLOR/ FOR METRO IN HALIFAX



A crowd of protestors march in downtown Halifax to voice their anger over the situation in Ferguson, Mo., on Tuesday. JEFF HARPER/METRO IN HALIFAX

Wounded. Canada's vets not receiving disability cheques, watchdog says

A new report by Canada's veterans watchdog says nearly half of Canada's most disabled ex-soldiers are not receiving a government allowance intended to compensate them for their physical and mental wounds.

Veterans ombudsman Guy Parent concluded those receiving the permanent impairment allowance are only awarded the lowest grade of the benefit.

The report said criteria used to evaluate disability do not match the intent of the allowance and that the guidelines are too restrictive.

"The evidence presented in the report clearly demonstrates that many severely impaired veterans are either not receiving these benefits or may be receiving them at a grade level that is too low," Parent said.

The report notes that when veterans die, spouses lose the allowance. In the old system, widows or widowers continued to receive support.

THE CANADIAN PRESS

Second World War

Unexploded U.K. bomb discovered near German airport

German authorities have found an unexploded World War II bomb by a highway close to a Frankfurt airport, and an operation to defuse it may cause flight disruptions.

The 500-kilogram British bomb was found during construction work, and police were working to defuse it Tuesday evening.

Allied airplanes dropped millions of tons of ordinance on Germany during the Second World War. Unexploded bombs are still found frequently.

THE ASSOCIATED PRESS

London, Ont., doctor found not guilty in terrorism case

Anti-Terrorism Act.
Conspiracy to facilitate terrorism trial just the latest case since 2001

Khurram Sher was found not guilty of conspiracy to facilitate terrorism on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Khurram Sher, a doctor from London, Ont., was found not guilty Tuesday of conspiring to facilitate terrorism — believed to be the first acquittal at trial of someone charged under Canada's Anti-Terrorism Act.

There have been a number of other cases that have arisen from Canada's anti-terrorism laws since 2001:

• Sher was arrested alongside Misbahuddin Ahmed of Ottawa and a third alleged co-conspirator. Ahmed was convicted of two terrorism-related offences in July. The other alleged co-conspirator has yet to stand trial.

• In 2009, software engineer Momin Khawaja, the first person charged under the Anti-Terrorism Act, was convicted for his role in a plot to plant fertilizer bombs in the United Kingdom. Khawaja is serving a life sentence,

• In 2006, police in Toronto arrested a large group of young men who later became known as the Toronto 18. They were accused of plotting to bomb targets including the Toronto Stock Exchange, CSIS headquarters and a military base. Eleven were convicted.

• In July, Toronto resident Mohamed Hersi was sentenced to 10 years behind bars after being convicted of trying to travel overseas to join a terrorist group. Hersi was arrested in 2011 while awaiting a flight destined for Cairo. The Mounties alleged he was on his way to join al-Shabab, a group of Islamist insurgents based in Somalia.

• In July, Hasibullah Yusufzai, a 25-year-old B.C. man, was charged for allegedly leaving the country to join Islamist fighters in Syria. The RCMP said Yusufzai was known to have travelled to Syria some time in January to join Islamist fighters.

• In April 2013, Chiheb Esseghaier and Raed Jaser were charged in connection with a plot — allegedly guided by al-Qaida in Iran — to attack a Via Rail/Amtrak passenger train that runs between Toronto and New York City.

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Pakistan. Protesters rip through roadblocks in march to parliament

Tens of thousands of anti-government protesters armed with wire cutters and backed by cranes marched on Pakistan's parliament Tuesday, removing barriers that blocked them from soldiers guarding the seat of the country's government.

The protesters, wearing masks and carrying makeshift shields, hammered through barriers — constructed of barbed wire and locks connecting shipping containers — that authorities put on roads to protect Islamabad's so-called Red Zone, which holds the president and prime minister's ceremonial homes and many diplomatic posts.

Women and children joined men in the march as police officers stood by and watched, setting up a possible showdown later between hundreds of waiting soldiers and some 30,000 protesters backing opposition candidate Imran Khan and anti-government cleric Tahir-ul-Qadri.

Both of those men have called on Prime Minister Nawaz Sharif to step down over allegations of fraud in last year's election. Sharif has refused and ordered the soldiers out into the streets, the first military deployment in the capital since Pakistan has been under civilian leadership. THE ASSOCIATED PRESS

Saudi Arabia

Top cleric says ISIS, al-Qaida are main enemy of Islam

Saudi Arabia's top cleric said Tuesday that extremism and the ideologies of groups like the Islamic State and al-Qaida are Islam's No. 1 enemy and that Muslims have been their first victims.

Grand Mufti Sheik Abdul-Aziz Al-Sheik also said terrorism has no place in Islam and that the danger of extremists lies in their use of Islamic slogans to justify their actions.
THE ASSOCIATED PRESS

Syria

ISIS video appears to show killing of U.S. journalist

The White House said Tuesday it has not confirmed the authenticity of a video that purports to show the killing of American journalist James Foley by Islamic State group militants. Foley, a freelance journalist from New Hampshire, went missing in Syria nearly two years ago. A National Security Council spokeswoman said the administration has seen the video.
THE ASSOCIATED PRESS

Smoke rises after an Israeli strike hit Gaza City in the northern Gaza Strip on Tuesday. ADEL HANA/THE ASSOCIATED PRESS

Rocket fire ends Israel-Hamas talks

Fate of negotiations in question. Israel walks out of Egypt-led talks after militants break ceasefire

An Egyptian effort to broker an end to a month-long war between Israel and Hamas militants in the Gaza Strip appeared to collapse Tuesday after Israel walked out on the talks in response to a barrage of Palestinian rocket fire.

"The Cairo talks were based on an agreed premise of a total cessation of hostilities," Israeli government spokesman Mark Regev said. "When Hamas breaks the ceasefire, they also break the premise for the Cairo talks. Accordingly, the Israeli team has been called back as a result of today's rocket fire."

The breakdown dealt a harsh blow to nearly a week of Egyptian-led diplomacy meant to end weeks of the heaviest fighting between Israel and Hamas since the Islamic militant group seized control of Gaza in 2007.

Hours before Tuesday's deadline, Palestinian militants fired three rockets into Israel. The military said the rockets landed in open areas near the southern Israeli city of Beersheba. Later, Israel said it intercepted two more rockets over southern Israel.

Hamas police officials in Gaza said there were at least 25 airstrikes across Gaza. Medical officials said seven people were wounded, including two children.
THE ASSOCIATED PRESS

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University of B.C. Bigger brains make fish more protective of their young

Size does matter, at least when it comes to parental duties in one species of fish.

Researchers at the University of B.C. studying male stickleback fish found that those who care for their offspring have larger brains than their counterparts that don't protect their young.

"This suggests that regular sticklebacks have bigger brains to handle the brain power needed to care for and protect their young," said lead author Kieran Samuk, a PhD student in UBC's Department of Zoology.

Stickleback fish are notable in the animal world for the fact that the male of the species, rather than the female, cares for the offspring.

"Instead of caring for the eggs in a nest, they hide them so then the male doesn't have to do any of his normal parent stuff," he said.

THANDI FLETCHER/METRO IN VANCOUVER

A man walks by the crash site of Malaysia Airlines Flight 17. All 298 on board were killed in the crash after the Boeing 777 was shot down in eastern Ukraine. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Malaysian air crash victims going home

Ukraine. Bodies of at least 15 people set to be first Malaysians sent home since the downing of Malaysia Airlines Flight 17

The remains of at least 15 Malaysians killed when a jetliner was shot down over Ukraine will be returned to their home country this week, the first Malaysian victims of the disaster to be flown home, the country's defence minister said Tuesday.

All 298 people on board died when the plane was shot down on July 17. The plane was flying to Kuala Lumpur from Amsterdam and was shot out of the sky over an area of eastern Ukraine controlled by pro-Russia separatists.

Forty-three of the victims were Malaysian and 195 were Dutch nationals, 127 of which have been identified, Dutch authorities said.

Blame for the crash has been laid at the feet of Ukrainian separatists. THE ASSOCIATED PRESS

Double tragedy

Malaysia Airlines has been hit by two major disasters this year, adding to its long-standing financial woes. In March, Flight 370 from Kuala Lumpur to Beijing disappeared with 239 people on board after flying far of course.

- That jet still has not been found despite an ongoing search.

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Penny pinching, lax oversight before train derailment: Report

Lac-Mégantic, Que.
Final report finds 18 factors led to the death of 47 people last July

Workers comb through debris after a train derailed on July 9, 2013, causing railway cars carrying crude oil to explode in Lac-Mégantic, Que. THE CANADIAN PRESS

The combination of a lack of government oversight and a penny-pinching railway contributed to the deadly oil-train disaster that devastated Lac-Mégantic, says a report tabled Tuesday by Canada's Transportation Safety Board.

The federal agency's report, the first comprehensive account of last summer's crash to be released to the public, identified 18 key factors it says led to the Quebec catastrophe.

The TSB pointed to roles it says were played by the Montreal, Maine and Atlantic Railway and Transport Canada in the tanker crash, an incident that came amid a growing pan-continental, oil-by-rail industry.

"Who was the guardian of public safety?" TSB chair Wendy Tadros said in Lac-Mégantic, where the report was unveiled.

"That is the role of government. To provide checks and balances — oversight. And yet this booming industry, where unit trains were shipping more and more oil across Canada and across the border, ran largely unchecked."

The agency launched its year-long investigation after the MMA train broke loose from its parking spot uphill of Lac-Mégantic in July 2013 and crashed into the community, killing 47 people.

THE CANADIAN PRESS

Transport minister

Deregulated railway safety still 'way to go'

The Harper government's faith in a deregulated railway safety system remains unshaken and won't be abandoned in the wake of the Lac-Mégantic tragedy, Transport Minister Lisa Raitt insisted Tuesday, even as the country's top transportation investigator questioned the current amount of oversight.

Raitt said keeping the responsibility for railway safety in the hands of rail operators is still "absolutely the way to go."

THE CANADIAN PRESS

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Trivago Guy makeover

When it comes to the Trivago Guy, everyone's a critic.

Why isn't the pitch man for the world's largest hotel search website wearing a belt? Why doesn't he shave? Why does he look so dishevelled?

The ads featuring 48-year-old American actor/musician Tim Williams have created an Internet buzz since they began appearing on television last year.

At last the company, based in Dusseldorf, Germany, has announced a Trivago Guy makeover contest, with the winner receiving a five-day trip to Berlin and a chance to preview the next commercial featuring the new and improved Williams.

People are invited to post a photo of what outfit they'd like to see Williams wearing on its Facebook contest page or via Twitter or Instagram using the hashtag #trivagoguy. The deadline is Aug. 24. Voting will begin on Aug. 28 on Facebook.

Williams himself is more than game for the fashion shakeup.

"Why not? I think it's fun," Williams said in an interview with CNN.

TORSTAR NEWS SERVICE

Tim Williams' style in Trivago ads has come under fire. YOUTUBE

Former fashion student

Top-selling bag nets student $0, lawsuit alleges

A former fashion student is claiming in a federal lawsuit that she designed a backpack for Barnes & Noble and hasn't made any money off the top-selling bag. Diana Rubio was a student at Manhattan's Fashion Institute of Technology when she designed the "everything backpack" in 2010. THE ASSOCIATED PRESS

From burgers to coffee

McDonald's lovin' home java market

McDonald's plans to start selling its packaged coffee at supermarkets across the United States by early next year, a move intended to raise the profile of the coffee sold at its restaurants. The hamburger chain has made a deal with Kraft Foods to manufacture and distribute the bags of McCafé coffee.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.38¢ (-0.48¢)

TSX 15,477.17 (+138.70)

OIL $94.48 US (-$1.93)

GOLD $1,296.70 US (-$2.60)

Natural gas: $3.88 US (+$0.09)
Dow Jones: 16,919.59 (+80.85)

LIVABLE JUST A SYNONYM FOR AWESOME

JUST SAYIN'

Paul Sullivan
metronews.ca

It's that time of year again, when the Economist Intelligence Unit publishes its global livability survey — and the results set everyone's hair on fire.

This year, I'm writing from the world's No. 3 most livable city, Vancouver. Apparently, Vancouver's not as livable as No. 1 Melbourne (for the fourth year in a row) and No. 2 Vienna. Try the Sachertorte.

But it's more livable than No. 4 Toronto and No. 5 Calgary, which, if you're a Vancouverite, just makes sense. The Economist operatives must check out the contending cities in January, when it's hard to tell Toronto or Calgary from Tuktoyaktuk.

The cities are judged on five categories: stability, health care, education, infrastructure, culture and environment, which is why Damascus, Syria, is currently one of the world's least livable cities according to the Economist. It has none of the above.

Those of us blessed with an abundance of stability, etc. do have a tendency to look our gift horses in the mouth.

Some of the comments in the Melbourne Herald Sun sound as though being in the world's most livable city isn't so hot:

"This story does not mention the high unemployment rate, the difficulties in finding work and the shortage of jobs, it doesn't include information such as housing shortages or affordability," gripes commenter Susan.

Or this from Barry: "Who the hell judges these things? A perfect score for health? They would have to be joking."

Every year, denizens of real cities such as London or Paris dismiss such nonsense with an imperial flick of the wrist. To hear them tell it, "livable" is a synonym for "boring". Mind the gap!

I'm celebrating my 25th year in the world's third-most-livable land and I have to admit, there are days — when the cloud cover is a couple metres above my head, it's so wet the seagulls look like drowned rats with wings, and there's a 30-minute wait to get across the "scenic" Lions Gate Bridge — that I'd rather be in Calgary. At least Damascus is usually sunny.

But there are days, such as today and most days, when there's nowhere else I'd rather be, swaddled in the soft virtues of Vancouver.

And I've felt the same way on an outdoor patio in the Beach or running along the Bow River in the sunshine, seconds from downtown.

Think about it. Three of the world's most livable cities, according to a reliable source, are in Canada. Only Australia, with four, does better.

And isn't that what we all want? A well-rounded diet of livability? If Vancouver were a vegetable it would be kale. Toronto's already got Cabbagetown. And in Calgary, fries are a vegetable, aren't they?

We must be doing something right. As we go forward into an uncertain future, it would be a good idea to remember that.

Wash your faces

Workers clean a clock face on the Elizabeth Tower of the Houses of Parliament on Tuesday. Workers are cleaning the four faces of the Great Clock, some 60 metres above ground. OLI SCARFF/GETTY IMAGES

Time stops as Great Clock gets a scrub-down

The clock face of the Elizabeth Tower, which houses the famous Big Ben bell in London, U.K., is being cleaned.

The bell will continue to chime, but the hands are frozen at 12 o'clock while four cleaners abseil down the front of the clock face. The tower was renamed Elizabeth Tower after the Queen to celebrate her Diamond Jubilee. Big Ben is actually only the bell, but many know the landmark by this name. BBC.COM

Word of the day

abseiler

Noun. A person who descends down a nearly vertical face by using a doubled rope that is wrapped around the body and attached to some high point.

THEFREEDICTIONARY.COM

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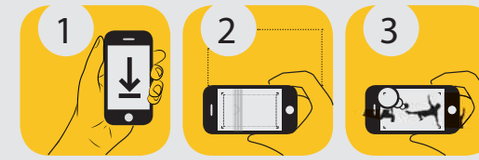

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In this issue, you can find AR enhancements on page 8 in News, page 14 in Scene and page 16 in Life

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MetroTube

A video so good, it's Barely Legal

ANDREW FIFIELD
andrew.fifield@metronews.ca

The less we say about this segment from "just another pawn show," the better. So instead, we're going to arm you with a few basic facts:
1) It's a commercial for next week's broadcast of the Emmys.
2) The dependably hilarious Julia Louis-Dreyfus is frustrated.
3) Most importantly, Breaking Bad BFFs (it's complicated) Bryan Cranston and Aaron Paul reunite, which likely explains the warm feeling that mysteriously washed over you yesterday afternoon. (YouTube/Television Academy)

SCREENGRAB

metro

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SCENE 2

Sin City: A cast to kill for

Going Gaga. Co-director Robert Rodriguez isn't the first to add a famous musician to an already star-studded cast

IN FOCUS
Richard Crouse
scene@metronews.ca

Robert Rodriguez, co-director of Sin City: A Dame to Kill For, has assembled an impressive cast of marquee names for the long awaited followup to 2005's Sin City.

Actors like Jessica Alba, Rosario Dawson and Bruce Willis are returning from the first instalment, while newcomers to the series include Joseph Gordon-Levitt, Eva Green and Josh Brolin.

Rodriguez welcomes back another name, Lady Gaga, who he first cast in Machete Kills.

"When I asked if she was interested in acting she said, 'I studied acting and I always wanted to be in one of your movies because of the theatricality and the showmanship."

When she finished shooting her role of a deadly assassin in Machete Kills, Rodriguez tweeted, "Holy Smokes. Blown away!" and promptly cast the singer in A Dame to Kill For.

For years, directors have looked to musicians to bring their natural charisma to the screen. Perhaps no one more than Nicolas Roeg has explored the potential for rock stars to become movie stars. "They have," he said, "a greater ability to light up the screen than actors."

In 1970 Roeg and co-director Donald Cammell made the psychedelic crime drama Performance, starring Mick Jagger in his first on screen role. The Rolling Stone played the mysterious Mr. Turner, a jaded former rock star who gives shelter to a violent East London gangster (James Fox). In 2009 Film Comment declared Mick Jagger's Turner the best performance by a musician in a movie.

Next came The Man Who Fell to Earth, an existential sci-fi film about an extra-terrestrial named Thomas Jerome Newton, starring David Bowie in his feature film debut. Roeg says he "really came to believe that Bowie was a man who had come to Earth from another galaxy. He seemed to be alone — which is what Newton is in the film — isolated and alone."

Finally, in Bad Timing, Art Garfunkel of Simon and Garfunkel, stars as a professor living in Vienna whose sadistic relationship with a pill-addicted woman (Theresa Russell) ends with a battle for her life. The sexually explicit film was difficult for the actors, and at one point Garfunkel even wanted out. He stayed on, delivering a performance that the New York Times called "very credible."

Joseph Gordon-Levitt is one of the many A-listers featured in Sin City: A Dame to Kill For. CONTRIBUTED

AUGMENTED REALITY

→ Scan this photo with your Metro News app for an extended trailer of Sin City.

→ See the full instructions on Metro's Voices page.

Profile

Alba doesn't mind being on call for Rodriguez

Jessica Alba has gotten used to vague phone calls from director Robert Rodriguez, the Austin-based auteur who has made a habit of putting Alba in his films.

"He calls me up and he is like, 'Can you come shoot this little thing?' And I'm like, OK, what is it?' 'Well, it's just this little movie, just come down for a couple of days,'" Alba says. "That is just what he does, and I am there. I show up every time because it is so inspiring to be in his world, his universe."

Sin City: A Dame to Kill For marks Alba's second time taking on Nancy, a hard-luck stripper with revenge on her mind. One thing she's learned from her time working with Rodriguez is that he's not big on giving her a head start, so she has to take matters into her own hands. "They snuck the script to me," she says. "I knew Robert was going to call me on Monday and ask me to show up on Thursday and I wouldn't have any time to prepare."

"... I worked with an acting coach to kind of get in that head space. I am a mom, I have two kids, I run a company. I am not like this, you know, drunk stripper girl. So I needed to work on it." NED EHRBAR

GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ellen DeGeneres and Portia de Rossi ALL PHOTOS: GETTY IMAGES

Skywriting's the limit as Ellen and Portia celebrate their sixth anniversary

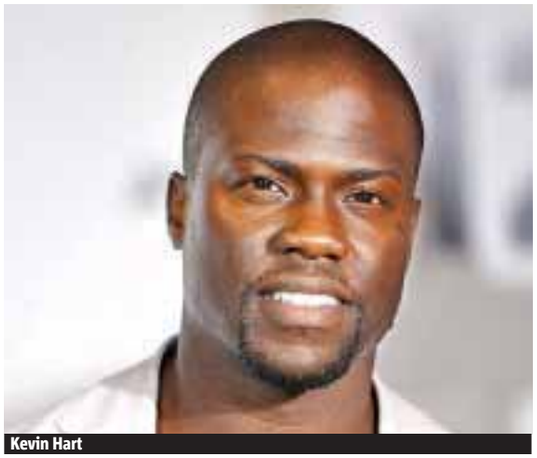
If there's one thing famous people are good at, it's setting unrealistic expectations for us normal folks. Case in point: Anyone having an anniversary soon, since Portia de Rossi went and set the bar way too high in celebrating her sixth anniversary with wife Ellen DeGeneres.

The talk show host posted a photo of the two smiling underneath the skywriting de Rossi had ordered for the day, with clouds spelling out "six." Skywriting! How are a nice dinner and some lotto tickets supposed to look after skywriting has been offered up as an option? Sheesh.

In a Moby Dick move, Franco gets naked for ALS Ice Bucket Challenge

Getting a little tired of those ALS Ice Bucket Challenge videos? Well, don't worry, because James Franco is here to keep things interesting. Hollywood's reigning enfant terrible got doused in a shower and passed the challenge on to Zach Braff, Keegan Allen and Joey King by way of a piece of paper shielding his naked crotch. Classy, Jim. Though, to be fair, he wasn't completely naked. Never one to pass up a good literary reference or bad pun, Franco wore a "Moby Dick" T-shirt. Thar she blows, indeed.

James Franco



Kevin Hart

Parrish the thought! Ex calls Kevin Hart's new fiancée a home wrecker

Kevin Hart's been having a pretty good year, so how about some more good news? The comedian and actor announced via Twitter that he asked girlfriend Eniko Parrish to marry him. "She said YEEEEESSSSS," he posted, along with a photo of the happy couple along with a rather impressive diamond ring on her finger. The couple has been dating for five years, though Hart's ex-wife, Torrei Hart, previously told Entertainment Tonight that Parrish was the reason for their divorce — a claim Hart refuted. "My woman has nothing to do with my past marriage problems," he wrote. "It's almost (seven years) total of me not being with my ex ... I guess giving a woman over ($20,000) a month and still being there for her and being an incredible father isn't enough."

The Word

This is so not what we thought Matthew would be packin'

NED EHRBAR
Metro in Hollywood

This is of great cultural significance, so pay attention: Matthew McConaughey has officially vouched for the fanny pack, so it's cool again (if it was ever cool). The Dallas Buyers Club star wore one to a Red Sox-Astros game recently — and even defended the accessory to CSN Houston's Julia Morales. "I'm not afraid of the fanny pack," McConaughey said. "You've got to kind of put it on the side to make it look a little not as nerdy, but still, practicality wins out. I got so much gear in here that I don't want in my pockets." Hoo boy. I mean, I know McConaughey is a dad now, but I had no idea he was such, you know, a ... dad.

On the plus side, if they really do become popular again, we'll have a whole new round of explaining why the name makes British people titter.

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How-to

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1. The soft orange earplugs you can find anywhere are excellent for drowning out general aircraft cabin din, including the always-too-loud pre-flight announcements and the unhappy infants.
2. Once everyone in your row is seated, pop in said earplugs and tune out with your eyes shut.
3. If you'd rather wait till cruising altitude to sleep, start reading a book right away, while the rest of the plane fusses.
4. When you get the green light, slip on the Bose Noise-Cancelling Headphones, which are worth their weight in gold.

DOUG WALLACE/METRO

Launch

Never too old to travel

Peregrine Adventures has recently arrived in Canada, offering travel treks that "get under the skin of a destination" for those 50 and over. Small-group trips zero in on staple spots like Peru and Turkey, plus more far-flung regions like Azerbaijan, Algeria, Namibia and the company's inaugural Canadian offering: a 14-day North Korea expedition. Operating since 1978, Peregrine has been taking the more "contemplative" crowd on adventure tours to more than 80 countries on seven continents. Local guides, private transportation, the works. Visit PeregrineAdventures.com. DOUG WALLACE/METRO

Deal

Banff or bust

Little known fact: The Fairmont Chateau Lake Louise offers the sixth and seventh nights free when you book five nights there. This Stay & Play package also comes with a $350 resort credit (per room) that you can use toward any of the hotel's Mountain Heritage Program activities (guided hiking, canoeing), at the spa or any of the eight hotel restaurants. This is a $900+ value.

DOUG WALLACE/METRO

Squeezing the many luxuries of Lisbon into two short days

Portugal. Short on time? You can still lose yourself in this city — just make a promise you'll return for more

MANORI RAVINDRAN
life@metronews.ca

Lisbon's Arch of Triumph is sure to take your breath away. ISTOCK

To make it in Lisbon, you need two things: a supernatural pair of walking shoes and an appetite for cod and green wine.

I had both, but fresh off the airport shuttle and wandering around the waffle-like Baixa neighbourhood — a jumble of criss-crossed streets and obscured signage — I'd also need to be OK with being comically lost all the time. Somewhere around here was a boutique hostel that would be my base for two days. If only I could find it.

I'd been told that the Baixa's Living Lounge was a trailblazer in a city-wide hostel movement that has afforded travellers with such high standards that hostels have become synonymous with hotels.

Once I'd located the second-floor hostel, slung my large backpack into a luggage-only elevator and waited for my room in a pristine living area with high ceilings, I understood why.

Later, in search of my first meal, recommended to me by the hostel owner, I slid along Rua da Prata's glossy mosaic tiles until the towering Arch of Triumph – a gateway to the Praça do Comércio or "Trade Square" – promptly took my breath away. The majestic arch and square overlook the river, and I walked along the Avenue Ribeira das Naus, delighted to see the sidewalk slope into the lapping waters of the Rio Tejo.

Eventually, I found the unassuming Solar do Kadete, where the owners were cooking seafood on a blackened grill in the courtyard. Seated under a grubby white awning, my cravings were sated with the grilled bacalhau (cod) and vinho verde (green wine, due to its young age) of my dreams. Could I just never go home, I wondered.

After lunch, I ventured into the Bairro Alto, a hilly neighbourhood flanking the Baixa where yellow trams trembled through cobbled streets, defying gravity. Between the churches and viewpoints, there was enough here to pass an afternoon before dinner in the nearby Cais do Sodré area, where the fishing equipment shop-turned-restaurant Sol e Pesca offers hundreds of colourful tins of sardines and tuna.

After a surprisingly excellent meal of canned fish, I stopped at a bar for a nightcap of cherry-infused liqueur, known as Ginjinha, served in a chocolate cup — truly the cherry on top.

The next morning, I took a bus west of downtown to the Belém district, where among the vestiges of Portugal's prosperity as a colonial power was the 177-year-old Casa Pastéis de Belém, the birthplace of the Portuguese custard tart, or pastel de nata. It's not that I didn't value the Belém tower's river views or the Manueline architecture of the Jerónimos Monastery: I just appreciated a freshly baked nata lightly sprinkled with icing sugar and cinnamon so much more.

Back downtown, I had one remaining neighbourhood to explore: the Alfama.

A similar muddle of streets greeted me as I wandered — ever upwards, ever sweating — along pastel-coloured homes and underneath lines of washing, to the Moorish-style São Jorge Castle crowning the area. Walking along the castle's wide terrace I spotted the orange 25th of April Bridge in the distance — reminding me of San Francisco — and the mazes of the Bairro Alto and its terracotta rooftops across the way. "All right, all right, I'll come back," I told a peacock brushing past.

That night, I was back in the Bairro, sipping Darjeeling and nursing blistered feet at the Pavilhão Chinês (Chinese Pavilion). What had once been a grocery store was now an iconic bar with five rooms chock-full of the owner's collections of model warplanes, Japanese fans and inordinate kitsch in between. There was something for everyone in this bar. It figured. There was something for every traveller in this city.

AUGMENTED REALITY

→ Scan this photo with your Metro News app the continue your photo tour of the Portuguese capital, Lisbon!

metro AR

→ See the full instructions on Metro's Voices page.

Bucket List

SONOMACOUNTY.COM

Sonoma and Napa at post-crush time

While Northern California wine country is really hopping during the October grape crushing time, the first two weeks of November is the best time to make the trip. The rush of crush is over, so the tasting rooms are far less busy, as are the restaurants that you normally have to book well in advance. Plus, the whole of the region still smells like new wine, as the grapes ferment in their tanks. Map out your drive from home so you can hit all your favourite wineries, but leave room for things like a mud bath at Calistoga Hot Springs in Napa. Go to SonomaCounty.com and VisitNapaValley.com.

DOUG WALLACE/METRO

Gadgets that are changing travel

Every day there seems to be a new gizmo or gadget ready to make travel easier. From the far-fetched to the practical, here are four quirky innovations that are buzz-worthy.

ON THE MOVE
Loren Christie
life@metronews.ca

Botlr, at your service

This week Botlr, a robotic hotel butler, has started delivering items to guests at the Aloft hotel in Cupertino, Calif. This charismatic cyber employee is professionally dressed in a custom shrink-wrapped, vinyl collared uniform and nametag. According to parent company, Starwood Hotels & Resorts, Botlr, which bears a resemblance to R2-D2, has the work ethic of Wall-E and the humour of Rosie from The Jetsons.

Never lose your luggage again

Trakdot's luggage tracking system is designed for people who fret about the whereabouts of their luggage. Place the device in your luggage and it constantly monitors the cellular network to determine its city location. When you fly, Trakdot goes to sleep and upon arrival it wakes up and reports its new location. You will then receive a text message or email confirming your luggage has arrived.

Keep an eye on home from afar

Dropcam is a cloud-based Wi-Fi video monitoring service with free live streaming, two-way talk and remote viewing that keeps you connected. Accessible from pretty much anywhere, it allows you to check in on your house, pets and plants while travelling. It connects to the web from your laptop or smartphone. It continuously records video and sends you alerts if it picks up strange noises.

Drones on your trip

Forget selfies — six resorts in New Zealand's South Island are using flying drones to shoot personal videos for visitors travelling in the area. Carrying a high-quality camera, the drone records a close-up portrait of travellers and then pans out to show the surrounding scene, leaving people with an eight-second video, which they can share via social media. #NZdronie

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How not to cringe when the clock ticks

It's time to talk about it. Succeeding at both work and play without compromising the quality of either one

LAUREN MARINIGH
TalentEgg.ca

Time: It's limited, but it's yours to use wisely. ISTOCK

People tend to associate busy with stressful. However, busy is also beautiful because it can mean that a person has found multiple hobbies, people and causes to be passionate about — to the point that they want to make time for all of them.

We've all heard the saying, "If you want something done, give it to a busy person."

Busy people are busy because they know how to prioritize and manage these multiple priorities.

From getting As on essays to working your way up in the workplace to staying in shape and maintaining friendships — it's easy to overload your plate. Plus, you've still got to sleep and eat and find time to pick up the phone and call Grandma.

So how do you manage it all properly?

Be realistic

You can't do everything, but you can do a lot.

You just need to take a good hard look at where your time is going (and where it should be going). If you're thinking of taking a 6 a.m. kickboxing class before work, look at what you're doing around 10 p.m. each night.

Are you wasting an hour scrolling through Facebook? If so, cut that, and head to bed early so you can tack this class onto your list.

If you're using your evening to get readings done, perhaps this isn't something you can cut — meaning the kickboxing class might have to take a backseat for the time being.

Tip: Schedule in your biggest priorities first — everything else gets bonus time.

Love what you're doing

We all have to do things we don't want to do (a.k.a. every first year psych assignment that was ever invented), but surround these things with things you love doing.

- Find classes you enjoy.
- Surround yourself with people you genuinely care about.
- Find passion in your work.

To put it simply, if you look forward to your life every day, your "busy" will get a lot less stressful.

Buy a day planner

Use a day planner to write down all your appointments, coffee dates, essay deadlines, etc.

- On Sunday nights open the planner to see where you need to allocate your energy for the coming week, and then plan your free time.
- If you have class Monday morning and evening but the afternoon is wide open, do you have assignments you need to finish? Apartments you need to hunt for?
- What about grocery shopping? Or could you meet a friend for lunch and save the groceries until Tuesday?
- Figure out what fits where — and stick to it.

Tip: Find ways to love the things you have to do, be it taking interesting electives or timing your commute so you're with your friend rather than your iPod.

Gimme a break

Your body (and your brain) need fuel in order to be productive

So, take the time to top up. This can be as simple as drinking lots of water, or taking coffee breaks to get outside for a minute and feel those golden rays. Or, buckle down even more and try things like turning your phone on silent and checking it every few hours instead of constantly glancing over and getting lost in distraction.

Knowing you have a break (and some caffeine) in your future makes your work time that much more productive — meaning you get done faster and that final break can last a whole lot longer.

Tip: Consider your brain to be like an eight-hour workday. At work you get multiple breaks to take a few minutes to yourself, rejuvenate, and fuel up. Your brain needs the same treatment in order to stay sharp and productive.

Get creative

Call your Mom on your walk to work.

Utilize your time on public transit to read the paper or memorize your lines for the school musical.

Sign up for a volleyball team with your friends, combining workout time with social time.

Move your "bedtime" up a half-hour so you have a half-hour allotted for that book you've been meaning to read. Find ways to utilize the time you naturally have, and your To Do list just got cut in half.

Tip: Find ways to fill your "hidden time" — leaving your real time open for the things you really want to do.

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Cinnamon twirls crown a cobbler

Stovetop Mixed Berry Cobbler. Cobbler is traditionally topped pastry, but this one comes with a cinnamon stick on the side

DINNER EXPRESS
Emily Richards
food@metronews.ca

Market time is always the best time because you can find delicious and local produce you will want to incorporate into one of your meals right away!

Be sure to look around your city for various farmers' markets and find out what's best and in season right now.

Talk to the vendors — they always have great recommendations on what to do with in-season produce.

Check city hall, libraries or community centres as well as farms to find out when these markets are on and what they will be bringing that week.

In Canada, we are lucky that at certain times of the summer we can combine some wonderful produce to make awesome stir-fries, soups, pastas and, of course, dessert!

Seasonal fruit is a great way to enjoy dessert through the week and, of course, planning ahead will allow you to sneak in a little more sweet treat into this bowl of goodness.

Take a mix of fresh berries, for example, and create an easy Stovetop Cobbler that will combine the best of summer flavours.

This cobbler is great on its own, with ice cream or with the cinnamon twirl sticks in the recipe.

Cobblers usually have the pastry right on top of the fruit. This recipe leaves the pastry off to the side so you can see the vibrant colour of the berries.

A crisp puff pastry cinnamon stick is the perfect choice. You can make the cinnamon sticks ahead of time and crisp them up again in the oven before serving the cobbler.

Cooking the berries on the stove helps retain their juiciness and their shape.

You can also try combining some chopped fresh peaches or plums with the strawberries. Simply make sure the total amount is 5 cups (1.25 l) of fruit.

FLASH FOOD
From your fridge to your table in 30 minutes or less

Ingredients

Cinnamon Sticks
- 1 pkg (400 g) frozen puff pastry, thawed
- 1/4 cup (50 ml) butter, softened
- 1/3 cup (75 ml) granulated sugar
- 1 tbsp (15 ml) ground cinnamon

Cobbler
- 3 tbsp (45 ml) butter
- 1/2 cup (125 ml) granulated sugar
- 2 cups (500 ml) sliced fresh strawberries
- 2 cups (500 ml) fresh blueberries
- 1 cup (250 ml) fresh blackberries
- 1 tsp (5 ml) ground cardamom or cinnamon
- 2 tbsp (25 ml) cornstarch
- 2 tbsp (25 ml) orange liqueur or juice

Directions

1. Cinnamon Sticks: On lightly floured surface, roll out frozen puff pastry to 14 inch by 11 inch (35 cm x 28 cm) rectangle. Spread the pastry evenly with butter. Sprinkle with sugar and cinnamon. Fold pastry over and roll gently to push together. Cut into 16 strips and twist each strip to place on parchment paper lined baking sheet. Bake in 425 F (220 C) oven for about 15 minutes or until golden brown. Set aside.

2. Cobber: In a large shallow saucepan, melt the butter and granulated sugar over medium heat. Add the strawberries, blueberries, blackberries and cardamom or cinnamon.

3. Bring to a simmer, stirring occasionally for about 10 minutes or until berries release juices and soften slightly. Whisk the cornstarch and orange liqueur together and stir into berry mixture and cook for 1 minute or until thickened.

4. Serve the Stovetop Mixed Berry Cobbler with cinnamon sticks.

This recipe makes six servings. EMILY RICHARDS

This pork chop recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Take thyme for chops

1. Heat the oven to 200 F.

2. In a large, shallow bowl, whisk together the flour, salt, paprika, black pepper, white pepper, onion powder, garlic powder, thyme and red pepper flakes. One at a time, dredge 4 of the pork chops through the flour mixture, coating both sides evenly and shaking off any excess. Set aside.

3. In a large, nonstick skillet over medium-high, heat 1 tablespoon of the oil until just smoking. Add the 4 coated chops and cook for 5 minutes, turning once. Reduce the heat to medium and cook another 2 minutes, turning once. Transfer the chops to an oven-safe plate and place in the oven to keep warm.

4. Repeat the dredging and cooking with the remaining 4 chops, using the remaining tablespoon of oil.

Ingredients
- 1/2 cup all-purpose flour
- 2 1/4 tsp kosher salt
- 2 tsp paprika
- 1 tsp ground black pepper
- 3/4 tsp ground white pepper
- 3/4 tsp onion power
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp red pepper flakes
- 8 centre-cut bone-in pork chops (3 to 3 1/2 lbs)
- 2 tbsp vegetable or canola oil, divided

THE ASSOCIATED PRESS/ADAPTED FROM SOUTHERN LIVING'S COUNTRY MUSIC'S GREATEST EATS, OXMOOR HOUSE, MAY 2014

Blue Bombers don their new Reebok Signature Uniforms

Drew Willy, left, and Jason Vega help the Winnipeg Blue Bombers reveal their brand-new Reebok Signature Uniforms on Tuesday as part of the league-wide design launch, in which all nine CFL clubs have "bold and exciting" new uniform designs. The Bombers will don their new look once this season — Friday night when they host the Montreal Alouettes at Investors Group Field. DARRIN BAUMING/FOR METRO

Bertuzzi-Moore lawsuit settlement reached

More than a decade on. Todd Bertuzzi hit Steve Moore from behind in 2004, ending Moore's hockey career

Steve Moore listens to a question during a news conference in Toronto. A settlement has been reached in Moore's lawsuit against Todd Bertuzzi for his career-ending hit during an NHL game 10 years ago. ADRIAN WYLD/THE CANADIAN PRESS

A settlement has been reached in Steve Moore's lawsuit against NHL forward Todd Bertuzzi, more than 10 years after the infamous on-ice attack ended Moore's career.

Geoff Adair, a lawyer for Bertuzzi, confirmed the case has been "settled in its totality" but said the terms are confidential.

The multimillion-dollar lawsuit had been scheduled to go to trial Sept. 8.

"We are pleased that the resolution of this matter allows the parties to turn the page and look to the future," NHL deputy commissioner Bill Daly said in an email.

Media reports later Tuesday suggested there was a snag in finalizing the deal, but Adair did not respond to follow-up requests for comment.

Messages seeking comment from Moore's lawyer, Bertuzzi's agent and the Canucks were not returned Tuesday.

The notorious hit happened on March 8, 2004. Bertuzzi, then playing for the Vancouver Canucks, hit Moore from behind, sending the hapless Colorado Avalanche rookie crashing face-first to the ice and leaving him with a concussion and fractured vertebrae.

Moore alleges the Canucks had put a bounty on his head following his check that left their captain Markus Naslund injured. Bertuzzi pleaded guilty to criminal assault causing bodily harm for the hit and was sentenced in December 2004 to one year probation and 80 hours of community service.

There has been years of legal wrangling since then. The civil case was filed in Ontario court in 2006 but was marred by several delays.

Moore, now 35, never fully recovered from his injuries and was unable to continue his career. In an interview earlier this year, he told The Canadian Press he still suffers from headaches and low energy.

Moore said in the March interview, just a day before the 10th anniversary of the incident, that the lawsuit was not so much about the money as being compensated for the loss of his dreams.

"I lost my entire career in my rookie year," he said. "I think any player put in that situation would do the same thing. I can't recover anything else. I can't recover my career, the experience of living out my dream from the time I was two and a half years old of playing in the NHL."

THE CANADIAN PRESS

Quoted

"We are pleased that the resolution of this matter allows the parties to turn the page and look to the future."

NHL deputy commissioner Bill Daly, in an email

NHL

N.Y. Islanders sell minority stake of team to Capitals co-owner

The New York Islanders are selling a minority stake of the team, with a former Washington Capitals co-owner and a London-based investor to become full owners in two years.

The hockey team said Tuesday a group led by former Capitals co-owner Jon Ledecky and investor Scott Malkin agreed to buy a "substantial" minority interest. Terms weren't immediately disclosed.

THE ASSOCIATED PRESS

Five more years

MacArthur inks extension deal

The Ottawa Senators have signed forward Clarke MacArthur to a US$23.25-million, five-year contact extension.

The deal runs through the end of the 2019-2020 season and has an average annual value of $4.65 million, the team said in a release.

MacArthur, a 29-year-old native of Lloydminster, Alta., scored a career-high 24 goals and had 31 assists in 79 games last season. THE CANADIAN PRES

B.C. running back

Stefan Logan named CFL offensive player of the week

B.C. running back Stefan Logan was named CFL offensive player of the week Tuesday after rushing for a career-high 145 yards and scoring a touchdown in the Lions' 33-17 victory over Toronto.

THE CANADIAN PRESS

Injury

Tiger-Cats quarterback LeFevour to miss rest of season

Hamilton Tiger-Cats quarterback Dan LeFevour will miss the rest of the CFL season after suffering a torn anterior cruciate ligament in his left knee.

THE CANADIAN PRESS

A bird's eye view of the falling Blue Jays

The Brewers' Jonathan Lucroy slides safely past Blue Jays catcher Dioner Navarro during the first inning of their interleague baseball game on Tuesday in Milwaukee. Brewers starter Mike Fiers pitched seven innings, holding the Jays to just one run on two hits in a 6-1 win. Toronto fell to 31-36 on the road and are now just two games over .500 overall (64-62). For more from the game, go to metronews.ca. MORRY GASH/THE ASSOCIATED PRESS

Mo'ne can also paint a masterpiece on the hardwood

Budding talent.
Star of Little League World Series quite the basketball player as well

Fans have lined the grassy hills beyond the playing field at the Little League World Series to see Mo'ne Davis. The concession stands have sold out of the powder-blue T-shirts of her Mid-Atlantic team.

With her long braids dangling over her shoulders on every pitch, the Philadelphia star is a captivating presence and has been in a league of her own on the baseball diamond — the first female to win a game, let alone a two-hit shutout, in series history.

Seventy-eight-year-old former Negro League star Mamie (Peanut) Johnson called the 13-year-old Davis "the best thing since food."

Mo'ne Davis THE ASSOCIATED PRESS

And yet, in spite of her 70 m.p.h. fastball, baseball isn't Davis' best game.

Her basketball coach said she is even better on the hardwood.

"She's a phenomenal pitcher, but I think her best sport is basketball," said Debra Brady, Davis' basketball coach at Springside Chestnut Hill Academy in Philadelphia.

"In a year or so, she will be doing the same unbelievable things in basketball. The first couple of games I coached her, she was head and shoulders above any kid I've ever coached at that age level."

Despite her skills, Steve Bandura, who works for the Philadelphia Department of Parks and Recreation, said Davis is very humble.

"She came in after one (of her school's basketball games) and I asked, 'How'd you do?'" Bandura said. "She said, 'We won 41-37.'

"'How many points did you score?'

"'I don't know.'

"I get a text later. She had 35." THE ASSOCIATED PRESS

Buffalo Bills

Formal bids to buy franchise due in two weeks: Report

The sale of the Buffalo Bills is entering its final stage with prospective buyers asked to submit their formal bids in about two weeks, a person familiar with the sale process told The Associated Press on Tuesday.

"It's coming down the backstretch," the person said, speaking on condition of anonymity because the sale is being conducted privately. The timetable was pushed back about a week because Morgan Stanley, the banking firm overseeing the sale on behalf of late owner Ralph Wilson's estate, extended a deadline last month in an attempt to increase the number of prospective bidders.

A new owner is still expected to be identified by October, but it's not certain whether it will be in time to be approved by NFL owners at league meetings in early October. And that approval would come only after the prospective candidate's background and finances are vetted and approved by the league's finance committee. THE ASSOCIATED PRESS

On hold. Unimpressed by QBs, Browns coach delays naming of starter

This summer saga, packed with drama, celebrity and clumsiness, isn't quite over for the Browns.

Hoyer versus Manziel marches on.

Cleveland first-year coach Mike Pettine still hasn't chosen his Week 1 starting quarterback, and that's not his fault. Brian Hoyer and Johnny Manziel haven't convinced him — or anyone, really — that they deserve the job.

Pettine had been expected to announce during a teleconference on Tuesday whether Hoyer, the inexperienced veteran and hometown hero coming back from knee surgery, or Manziel, the hyped rookie and former Heisman Trophy winner, would start the Sept. 7 opener at Pittsburgh.

But the decision has been delayed and it could carry through Cleveland's third preseason game on Saturday.

Pettine said Cleveland's coaching staff will meet Wednesday night and could then choose a starter. Maybe.

"We're not in position to make it at this point in time," Pettine said of an announcement many Browns fans have been anxiously awaiting for months. "We'll decide later if we're ready to name a starter. We could have one named, and I'm not ruling that out. That's something we're going to discuss. And if we do have to wait until after the next game, so be it."

Johnny Manziel GETTY IMAGES

In the Browns' 24-23 exhibition loss at Washington on Monday night, Hoyer finished 2-for-6 for 16 yards while Manziel completed seven of 16 passes for 65 yards and one touchdown, which came against Washington's backups. THE ASSOCIATED PRESS

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DRIVE 5

2014 Dodge Caravan

- **Type:** Four-door, front-wheel-drive full-size minivan
- **Engine:** 3.6-litre V6 (283 hp)
- **Transmission:** Six-speed automatic
- **Base price:** $27,995 (plus destination)

Market position

Most automakers have abandoned minivans, but they're still practical for many buyers. Most find them easier to access than a crossover or SUV, especially if you have a lot of people and cargo.

Points

- The third row folds flat in the floor, and can also be flipped backwards for "tailgate seating" when the van is parked and the liftgate is up.
- An Eco setting adjusts the engine and transmission response for improved fuel economy, although it diminishes performance.
- The dash-mounted shift lever allows for more cargo space in the centre console.

The front seats are set high and forward, so check your leg room.

Interesting features

Fold-into-the-floor second-row seats; trailer sway control; easy-clean floor mats; driver's knee airbag; tire pressure warning; available heated steering wheel.

Pioneer still leads pack

Review. Dodge Grand Caravan shines with its low price, convenience and multi-use interior

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

Back in 1984, Chrysler wowed the auto world with its new Magic Wagon minivan. Families couldn't get enough of this practical machine and, pretty soon, just about everybody was offering one.

Eventually, though, they were displaced by the rising popularity of SUVs and crossovers. Only a few are offered today, including the original — the Dodge Grand Caravan.

It starts at $27,995 for the base Canada Value Package trim, although various incentives bring its selling price much lower. My tester was the SXT Plus, which starts at $34,495 before rebates, and includes second-row Stow 'n' Go bucket seats that fold into the floor, a feature found exclusively in Chrysler's minivans (the Grand Caravan is also sold as the upscale Chrysler Town & Country).

Mine also had such add-on options as a rear-seat DVD system, power sliding doors and liftgate, navigation, satellite radio, and a front-seat floor console with a pull-out rear storage drawer.

Those second-row seats fold into under-floor bins that can be used for hidden storage when the seats are upright, but to accommodate them, the front seats are set forward and high. I didn't have any issues, but my taller husband complained that his knees were too close to the dash. Check the fit of all front-seat folks before you sign on the dotted line.

All Grand Caravans use a 3.6-litre V6 engine that makes a healthy 283 horsepower, and does a great job of moving the van around, even when it's fully packed with passengers and gear.

It's mated exclusively to a six-speed automatic transmission. The steering is smooth and quick to respond, and is pleasant to drive, and although the ride's slightly harsher than that of its Japanese rivals, it's still OK.

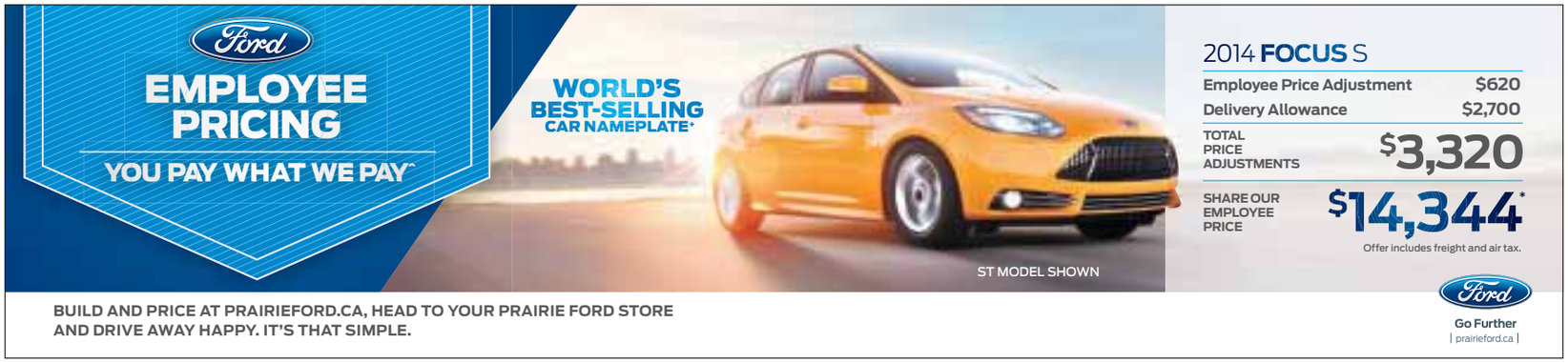
The Grand Caravan scores well with a starting price below its rivals, its easily configurable interior, and lots of convenience features to make it easy to get the family where everyone needs to go. Minivans may not be as popular anymore, but they're still just as useful.

Compare

1 Toyota Sienna
Base price: $29,120
The smooth-riding Sienna is the only minivan that can be ordered with all-wheel-drive.

2 Honda Odyssey
Base price:$31,078
Honda's V6 engine shuts off some of its cylinders when cruising for fuel economy.

3 Ford Transit Connect
Base price: $30,499
Ford outfits cargo van with windows, seats and features as a minivan alternative.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AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Keep your ideas simple today. The more complicated your plans get the more likely it is they will end in failure. You don't need to do anything out of the ordinary at the moment.

♉ Taurus
April 21 - May 21
You need to give others the impression you are not the sort who can be easily manipulated. Act tough today, even if you don't feel tough inside.

♊ Gemini
May 22 - June 21
If you find yourself getting emotional for no good reason over the next 24 hours, remind yourself of all the things you have to be thankful for.

♋ Cancer
June 22 - July 23
You have a lot to think about and you can't think straight with so much noise going on around you. Find a quiet space you can call your own.

♌ Leo
July 24 - Aug. 23
If your inner voice tells you something today you must not ignore it. No matter what everyone else may be doing, if it does not feel right to you then give it a miss.

♍ Virgo
Aug. 24 - Sept. 23
Stay where you are and don't start anything new today. You will get your chance to shine when the Sun enters your sign on the 23rd.

♎ Libra
Sept. 24 - Oct. 23
Don't try to stop a friend or relative from doing something you do not approve of. Most likely it will make them even more determined to do it, just to annoy you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give up on something just because you have grown bored with it. Use your intelligence to find ways to spice them up a bit.

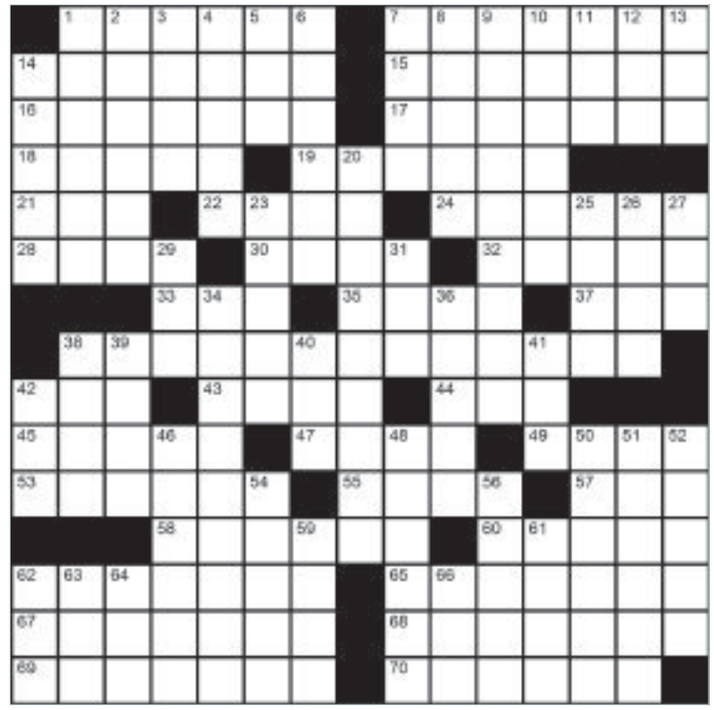
♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn if you stick your nose in someone else's business you may have trouble getting it out again. Focus on what you enjoy and ignore everything else.

♑ Capricorn
Dec. 22 - Jan. 20
You appear to have pushed yourself a bit too hard of late and are beginning to feel the effects. Give yourself a break. Never mind about your work — it can wait.

♒ Aquarius
Jan. 21 - Feb. 19
No matter what mistakes you have made, you must forgive yourself, and others, too. Grudges will hold you back.

♓ Pisces
Feb. 20 - March 20
Sometimes you can be rather stubborn and that could be a problem today if you refuse to abandon an idea that clearly is no longer worth defending.

Crossword: Canada Across and Down by Kelly Ann Buchanan



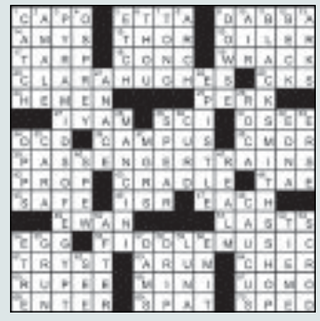
Across

1. Diner drinks
7. It's opened/closed by a driver: 2 wds.
14. Dish of the day
15. "What if God was..." Joan Osborne hit: 3 wds.
16. Julie __, Montreal-born astronaut
17. Scientific experiment critters: 2 wds.
18. Fall colour
19. Rocker Mr. Vedder's
21. Kicker's accessory
22. Sitarist, __ Shankar
24. They look like large alpacas
28. Vodka brand
30. Bartlett __
32. Movie critic Jeffrey
33. New newt
35. 1958 Leslie Caron title role
37. __ to Joy (Friedrich Schiller work)
38. 1982 Canadian slasher flick: 2 wds.
42. Ms. D'Angelo, to pals
43. Court plea, __ contendere
44. Green light buttons
45. Invigorating
47. Forecasting quotes, briefly
49. Small argument
53. Amazing store bargains
55. I, to Socrates
57. Antacid brand
58. Abhor
60. Beamed/smiled: 2 wds.
62. "__ of Alcatraz" (1962) starring Burt Lancaster
65. Lake __ (It's on the Ontario-Quebec border)
67. Cold country?
68. "__ Fringe" by Red Rider
69. It could go either way...
70. Backdrops

Down

1. Actress Sissy
2. "__ __, My My (Into the Black)" by Neil Young & Crazy Horse
3. Computer company
4. One flying a tailed toy, say
5. Gnaw
6. Vintage album's protection
7. "__ Mountain" (2003)
8. "I broke _ __!" (Manicuree's moan)
9. Arcade Fire song: "__ (Lies)"
10. Paris art museum, Musee _'__
11. Birds ___ feather...
12. In deep sleep
13. Web feed syst. for updates
14. Commercials
20. Doctor's determination
23. Is __ __ (Most likely will)
25. Heathered expanse
26. Ampersands
27. Compass pt.
29. "Indeed!"
31. Trucking vehicle
34. Ken __, Winnipeg-born actor/filmmaker
36. Apparition
38. Green, to Gaston
39. Jazz vocalist Ms. Anderson
40. 'Tact' suffix
41. Battleship letters in The States
42. Blues guitarist Mr. King's
46. Aerosmith's "Back in the __"
48. Destroys
50. Diminutive
51. Jackal-headed Egyptian deity
52. Subject
54. TV holder
56. "Drop me _ __." (Write!)
59. Make __ meet
61. "I'd consider __ __ honour..."
62. Contracting proposal
63. Hockey surface
64. Particular political party person, puny-ly
66. Tampa Bay football player, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		5		7		6	
2								8
		6		2		4		
	8	4		7		3	5	
	6			5			4	
	2	5		1		8	9	
		2		9		6		
7								1
	9		4		8		2	

Yesterday's Sudoku

9	1	8	4	7	2	3	5	6
5	4	6	3	1	8	2	9	7
2	3	7	9	5	6	4	1	8
7	2	9	6	8	4	1	3	5
8	6	3	5	2	1	9	7	4
4	5	1	7	3	9	8	6	2
1	9	4	8	6	5	7	2	3
3	8	5	2	9	7	6	4	1
6	7	2	1	4	3	5	8	9

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